

Farm Name(s): Food Forest Farm
Address: 36 Raithby road, Raithby, Stellenbosch
Tel / fax: Cell: 0744785669
Email: Date: 15 June 2021

Produce Standards

Please don't worry if you unsure about some of these questions, and whether your answers are correct or not. Simply answer them to the best of your ability, and contact us if you have questions or concerns. Once you have submitted your completed form, if there are any areas we have concerns about, we will chat to you about them, as well as explore alternative options with you.

1. Land

The land upon which I am growing my organic produce has been free of any chemical fertilizer, pesticide, herbicide, fungicide, and insecticide for a period of at least 36 months.
In the case where I farm a mix of organic and non-organic produce, I keep my organic areas physically separate and identifiable from the non-organic ones.
I prevent any kind of contamination between my organic and non-organic areas.
When I use plastics for protective coverings, mulches, insect nettings etc., I remove them after use, and do not burn them (many give off toxic substances when burnt).
In the case where I have neighbouring farms using chemical sprays, I prevent spray drift by the following measures:

2. Caring for your Soil Structure and Fauna

Soil microbes and fauna help break down nourishing minerals and plant matter. The soil structure allows these organisms to thrive and allows plants to grow easily.
I protect surface living organisms by keeping soil covered with crops or green manure.
I have enough microbial activity to decay plants and break down non-soluble minerals.
I encourage continual soil fauna activity (earthworms etc) as they improve & stabilize soil structure.
I protect the soil profile (using shallow ploughing, breaking up plough and compaction pans etc).
I prevent soil erosion.
Some farms have questions around why deep ploughing is discouraged - deep ploughing discourages earthworms and soil structure and the ecosystems within it. Earthworms, for instance, offer many benefits:
Earthworms digs as deep as 2.5 meters, bringing valuable nutrients up to the soil surface.
By burrowing they aerate the soil, allowing oxygen to reach the roots of plants.
Worms break down and digest organic matter in the soil, making organic nutrients available.
Worm castings provide a rich organic fertilizer to your soil and continuously add to your rich topsoil.
Worm burrows are followed by plant roots, allowing them to grow deep in the soil.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

3. Manure, Plant Wastes & Composts

Manure, compost and plant wastes provide valuable nutrients as well as microbial activity. They also increase the water retention capacity of the soil.
I strive to primarily use manure and plant wastes from organic sources. These consists of:
Organic straw, poultry manure and farmyard manure
Organic urine and dirty water
Plant wastes and other by-products from organic food processing
Sawdust and bark from untreated timber
Other: Atlantic Fertilisers Organic Guano Pellets
We are aware that organic manures are often hard to come by. Since well managed compost heaps will destroy most weed seeds, reduce the number of pathogens, reduce chemical residues and antibiotics that may be present, you may use non-organic manures and plant wastes provided they are well composted before applying to the soil.
I properly compost all my manures and plant wastes before applying them to the soil.
Please also note that chicken manure and guano, are extremely concentrated sources of nitrogen and must be applied with care, and always composted first - excess nitrogen will eventually poison your underground water sources, and many farms apply this in excess.
When I use non-organic compost ingredients they consist of:
Farmyard manure from animals kept in humane conditions
Horse manure and straw
Poultry manure from free-range hens
By-products from food processing
Plant wastes
Mushroom composts and worm composts
Household compost, (preferably free from GMO)
Other:
I do not use the following in my compost:
Sewage sludge, effluents and sludge-based composts
Manure from battery poultry farms
Systems where animals cannot freely turn through 360 degrees
Systems where animals are permanently kept in the dark or without bedding
My methods are different (please specify what they are):
They are in line with organic farming principles because:

4. Mineral Fertilizers & Supplementary Nutrients

Good organic farming is built on principles of proper soil care, application of manure, compost and plant wastes, combined with proper crop rotation. Composts made from a variety of manures and plant wastes would naturally contain a good balance of the nutrients listed below, and yield a good soil pH that is neither too acidic nor too alkaline.
Additional inputs, such as the fertilizers and supplements listed below, should thus not be needed. Should you feel the need to use them, they must be used very minimally, but preferably not at all.
I do not use any brought in mineral fertilizers and supplementary nutrients
Should I use fertilizers and supplements, I ensure I use them minimally, and I strive not to use them at all.
Should I use fertilizers and supplements, I have soil tests done to ensure my soil nutrients are correct.
I use the following supplements, minimally, and only when necessary:
Phosphate (for root crops):
Natural rock phosphate
Other:
Potassium (for fruits, seeds and plant strength in general):
Wood ash (when added to compost and manure)
Plant extracts
Seaweed (minerals and micro-nutrients):
Dried seaweed meal
Liquid seaweed (free from chemicals and non-organic additives)
Other:
Liquid feeds made from plants produced on my organically farmed land
Minor minerals:
Ground chalk & limestone
Calcareous magnesium rock, such as Dolomite, for magnesium and lime
Magnesium rock
Gypsum (calcium sulphate)
Clays such as bentonite, vermiculite, zeolite, perlite
Epsom salts for acute magnesium deficiency (e.g. for citrus trees)
Other:
For severe deficiencies, I use very minimally:
Sulphur
Trace elements copper, iron, boron, manganese, cobalt, sodium, selenium, molybdenum, zinc, (in granular rock salt form)
Sulphate of Potash, which contain magnesium salt
Calcium carbonate (Lime)
Bone, hoof, horn meals and meat and blood, but only for compost propagation
Commercial fertilizers and liquid feeds that are certified organic, or suitable for organic use
Other:
I do not use any of the following:
Fresh blood
Human excrement (faeces and urine)
Urea
Any synthetic nitrogenous fertilizers
Sulphated / hydrated lime (calcium hydroxide CaO+ H2O), as this is a synthetic material
Quick lime / burnt lime (calcium oxide CaO), as this is a synthetic material
Heavy metals are naturally present in the ground. I ensure that they do not exceed healthy levels.
(This can be found by doing a soil test).
The use of commercially sold Guano (and Chilean Nitrate which is bird guano), has become very popular as an organic fertilizer - it has a variety of impacts, so please use it minimally.
It is a finite resource based on deposits which are thousands of years old.
Its harvesting also disrupts animal species which rely on it for survival.
It is extremely concentrated in nitrogen - excesses of which hinder soil microbiology and can poison water courses.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

5. Crop Rotation

I practise crop rotation to ensure soil nutrients remain healthy and balanced. I also use it to break the life cycle of diseases and protect against pests
In my rotation I include:
Crops with deep and shallow rooting systems
A mix of crops that are weed suppressing and weed susceptible
A balance of fertility depleting and fertility building crops
A balance of nitrogen demanding and nitrogen fixing crops
At least one legume crop
I leave sufficient time periods between crops with similar disease and pest risks.
I also:
Minimize the time I allow the soil to remain uncovered (e.g. by covering with green manures)
Build organic matter levels in the soil
Have significant time periods between growing crops of the same family on the same piece of land
For perennial crops where I cannot practice crop rotation, I maintain diverse ecosystems by:
Companion planting, mixed cropping and under sowing
Allowing field margins, hedges, windbreaks and wildlife areas to remain uncultivated
My methods are different (please specify what they are):
They are in line with organic farming principles because:

6. Working with Weeds

Conventional farming has created the perception of weeds as being pests. As long as weeds do not compete with your crops, they can offer many benefits to your farm and form an important part of any balanced organic eco-system.
Weeds:
Grow easily & quickly even in poor soils
Settle and stabilise the soil
Form a ground cover, protecting your soil from wind and heat
Are good at extracting nutrients from the soil, which your organic crops may not be able to access by then composting, or ploughing weeds back into the soil, you make these nutrient available.
I use the following methods when managing weeds:
Balanced crop rotations that include both weed-susceptible and weed suppressing crops
Properly composting plant wastes and manures
Growing green manures
Cultivation of land prior seed-sowing
Using re-cleared seeds (i.e. weed seeds have been removed)
Creating high seeding rates and under sowing with other plants
Seed sowing in seed beds and then transplanting
Selecting crops with vigour and weed suppressing qualities
Hygienic practices in the field
Other: Wire-weeding, mulching
I use the following methods when suitable:
Pre-germinating (soaking of seeds prior planting)
Protopagating and transplanting plants
Mulches
Raised beds and no-dig farming systems
Hand weeding
Mechanical techniques such as hoeing and topping
Other:
I do not use any agrochemical or hormone herbicides on any part of my organically farmed land, including:
On any of my crops
Around the edges of my fields
On my green corridors and windbreaks
On my pathways
I do not use steam, sterilization or thermal pasteurisation of my soil to control weeds.
I do not use herbicides.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

7. Managing Pests & Diseases

'Pests' are a natural part of an organic ecosystem, and will always be present. It is only when an ecosystem is out of balance, that their numbers will be in excess, and diseases start to appear. They thus serve as important indicators for deeper imbalances needing attention, such as:
Poor soil fertility and thus weak and disease prone plants
It is the wrong time of year for planting the affected crop
It is the wrong environment for the affected plant crop
Etc.
Non-organic and in conversion land often have many diseases and pests - but over time, organic farming principles will bring these into balance, and pests and diseases reduce in numbers on their own.
I use the following methods to keep pests in balance and diseases at bay:
I create fertile soils rich in biological activity that supply a good balance of nutrients to my crops
I carefully plan planting dates
I try to encourage natural predators in and around my crops
When I have the choice, I choose resistant crop and varieties suited to my farm conditions
Should I have a pest or disease problem, I will always first improve my organic farming techniques, as this will naturally bring pests back into balance, and return my ecosystem to health.
Only when absolutely necessary will I use the following products, considered acceptable for organic use, to control insects when they are present in excess:
Physical barriers, such as insect netting
Pneumones emitted by traps and dispensers (e.g. in orchards)
Preparations from Bacillus Thuringiensis (commonly known as BT)
Quassia preparations, extracted from the Quassia Amara tree (for aphids and sawflies)
Sticky fly traps free from insecticides
Granulose virus preparations for apple, pear and walnut trees against Tortricidae)
Hydrolyse proteins, but only as an attractant in traps (for olive and Mediterranean flies)
Diomonium phosphate as an attractant in traps (for fruit and olive flies)
Quartz sand as a repellent
Pyrethrin, extracted from Chrysanthemum cinerariae folium (harmful to bees, insects & aquatic life)
Plant oils such as mint, pine or caraway oils
Preparations of Rotenone from Derris spp, Lonchocarpum, Thephtrosa spp.
Other:
Only when necessary, will I use the following to control fungi:
Beeswax (after pruning)
Lecithin, for cucumbers and apple trees
Gelatine, for cucumbers and apple trees
Naturally occurring predators
Salt (for mushroom production)
Other:
The products listed below are allowed only under extreme circumstances - as they are also damaging to soil health and your ecosystem when used.
Only when there is a major threat to my crops will I use the following:
Copper-based products as a fungicide and bactericide
Azadirachtin extracted from Azadirachta indica (Neem tree) for horticulture and fruit trees
Lime sulphur / calcium polysulphide for citrus, peach, apple, pear, apricot, cherry, grapevine & olive trees
Fatty acid potassium soap / soft soap for aphids, thrips and aleurodids
Sulphur (as a fungicide and for mites)
Spinosad as an insecticide (note: harmful to bees, aquatic organisms, soil fauna)
Potassium bicarbonate as a fungicide
Steam sterilization or pasteurization of soils, only in protected structures
Other:
I do not use pesticides, insecticides or fungicides that are not certified for organic use.
I do not use nicotine (Nicotiana Tabacum) or extracts made from nicotine plants.
I do not use petroleum oils, paraffin oils or other mineral based oils as pesticides.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

8. Seeds and Propagation

In an ideal situation, organic farmers would only use organic seed and propagating material. We are aware, however, that good organic seed and seedlings are very difficult to come by in South Africa, and all organic farmers are faced with this challenge.
I use non-organic seed and plant material only when no suitable organic varieties are available.
I will always use organic seed and seedlings, in preference to non-organic varieties, when I can find them.
I only use organic seed.
I save and plant seeds from my own organic crops.
I use seed that has, to the best of my knowledge, not been treated with any chemical or substance (you can often tell if seeds are treated if they are green or blue in colour, as the treatments are often dyed).
Since there is no legal requirement for labelling, we are aware that most genetically modified (GM) seeds are not labelled as such, and thus the best farmers can do is to try and avoid seeds crops that are typically modified (e.g. maize, soya etc).
I avoid GM seed, to the best of my ability, and will never use seed if I suspect it is GM.
I only use non-organic propagating material when no suitable organic varieties are available.
I will always use organic propagating material, in preference to non-organic varieties, when I can find them.
I only use organic propagating material.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

9. Storing Crops

Many farms do not store crops, as they are delivered directly after harvesting. If this is the case, just answer the areas applicable to you.
My organic storage areas and containers are:
Only used for organic crops
Physically separated from areas used for other purposes
Clearly labelled to prevent mistakes between organic and non-organic crops
Made from materials that are suitable for storing food
Kept in a clean and hygienic state
Covered to prevent contamination by bird droppings etc
Protected to prevent access and contamination by rats, mice and vermin
I leave my storage areas empty for a suitable length of time to act as disease and insect breaks.
I do not use radiation, or synthetic chemicals to aid preservation of my crops.
I do not keep fungicides, dips, powders or other non-allowed materials on the premises where I store my organic crops.
I do not use wood treated with harmful wood preservatives in my organic crop storage space.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

10. Cleaning

I use the following cleaning methods:
Physical methods (for example sweeping)
Vacuum cleaning
Steam cleaning
High pressure water cleaning
Other: Washing and mopping
I ensure that all my equipment is free from non-organic crop residues as well as any other material that could contaminate my organic produce.
This includes:
Harvesting equipment
Transport vehicles and containers
Drying equipment
Storage areas such as bins or crates
Refrigerators
My methods are different (please specify what they are):
They are in line with organic farming principles because:

11. Water

I use water that is free of contaminants.
I ensure, to the best of my ability, that my water quality is good.
I avoid any pollution to man-made and natural water sources.
I minimise my impact on natural water resources and on biodiversity.
I use water efficiently and sustainably.
I am aware that excessive watering washes nutrients out of my soil, thus reducing my crop health and nutritional value.
I increase soil moisture levels, as well as prevent moisture loss by:
Applying inputs of compost, manure and other organic matter
Using mulches
Other:
My methods are different (please specify what they are):
They are in line with organic farming principles because:

12. Wild Harvesting (if applicable)

I harvest in a sustainable way suitable to the species and its ecosystem.
I allow adequate time for the plants to regenerate.
I ensure what I harvest meets local, national and international legislation and action plans
I do not harvest any species defined as 'endangered'.
I clearly know the boundaries of my collecting area and harvest only within them.
I protect biodiversity in the area
I prevent contamination
I do not use areas for harvesting that have been treated with products not allowed in this standard for at least 3 years.
My methods are different (please specify what they are):
They are in line with organic farming principles because:

13. Public Visits to your farm

Would you be happy to have open days so that the public can come and visit your farm? Yes
Would you be happy for members of the public to contact you and arrange a visit on their own accord? Yes
Comments:

Trading Schedule

Farm Name: Food Forest Farm
Address: 36 Raithby road, Raithby, Stellenbosch
Cell: 744785669
Email: hannes@realfreshwaq.com
The products and/or produce I am (or will be) producing according to the Western Cape PGS Standards I have completed are:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	Swiss Chard	Swiss Spinach	Radish	Wild Rocket	Sweet Rocket	Tah Tsa	Curly Kale	Carrots	Beetroot	Turnips	Spring Onions	Chillies	Gem Squash	Butternut	Pumpkin	Artichoke	Lettuce	Basil	Fennel	Dill	Coriander	Thyme	Origano	Beans	Peas	Eggplant	Sweet Potato	Tomato	Chinese Cabbage

Please initial each statement that applies to you:
I hereby declare that all products I sell during the course of this year are listed in the trading schedule above.
I understand that the information I (we) have stated in the Western Cape PGS Approved application accurately reflects our farming practices, without any omission of details. I (we) will keep these up to date, to accurately reflect any changes that may occur.
I understand that Western Cape PGS reserves the right to remove our approved status, for any reason including missing or misleading information, or concerns of violations to growing standards stated here-in.
If granted Western Cape PGS Approved status, I declare that I will only produce as Western Cape PGS Approved when they are in line with the standards, and were produced on the farm I am represented in these standards.
I declare that all the land I am representing in these standards has been free of prohibited pesticides, herbicides and fertilizers a period of at least three years (36 months).

Farmer(s)/ Signatur(e)s: *[Signature]* Date: 15/06/2021
Print Name(s): Tobias Johannes Wiese